THE WEEK END NOVELS

BOOK OF COOKERY

Presented with Week End Novels

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HOMELY WEIGHTS AND MEASURES.

Flour, Cornflour, Arrowroot, etc.

1 slightly heaped teacupful = ¼lb.
1 heaped tablespoonful = 1oz.
1 heaped dessertspoonful = ½oz.
1 heaped teaspoonful = ¼oz.

Sugar, etc.

1 level tablespoonful = 1oz.

Liquid.

1 tumblerful = ½ pint
1 small teacupful = ¼ pint

Lard, Butter, Fat, etc.

A piece the size of a small hen egg = 1oz.

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SOUP IS SUSTAINING.

SOUP is one of the most nourishing, and at the same time, one of the most economical of dishes, since it is made chiefly from ingredients which would otherwise be wasted.

Nearly all varieties of soup require a foundation of good stock, and the wisest plan is to keep a stock-pot always going. For this, have a big saucepan which you will not need to use in your daily cooking, and put into it any bones, left-over meat, skin, gristle, etc. Add enough water to cover, salt, and simmer at least 2 or 3 hours. If you add vegetables (such as carrots, onions, turnips—*never* green vegetables or potato, as these turn the stock sour) they must be removed with the stock when you pour it off, after which bones, meat, etc., may be returned to the pot and boiled up again.

Stock which is being kept for some time should be simmered for a little while every day, to keep it sweet.

The stock-pot must be cleared out at least once a week, and washed with soda to remove grease.

The following soups are all nourishing and economical, and are very little trouble if you have a good stock-pot going:

Potato Soup.

1lb. potatoes
1 onion
Seasoning
1 pint stock
½ pint milk
1oz. dripping or margarine

Melt fat in thick saucepan. Add potatoes, onion, peeled and sliced, and slightly fry for a few minutes. Add stock and seasoning. Bring to boiling point and simmer for one hour. Rub through a sieve, add milk, and boil. Serve very hot.

Mutton Broth.

(This can be made with the stock from your stock-pot, if it contains the bone from boiled or roast mutton. Otherwise you will require ½lb. knuckle of mutton simmered in water for 2 or 3 hours.)

1½ pints of stock
1oz. pearl barley or rice
Turnips, carrot, onion
Seasoning
Chopped parsley

Peel and dice the vegetables. Put stock in saucepan. Add barley, vegetables, seasoning, and boil until all are tender. Add parsley just before serving.

Fish Soup.

This makes a pleasant change from ordinary meat and vegetable soups.

1 small cod's head, split
1½ pints stock
1 onion and carrot
1oz. flour
Seasoning
1 gill milk
Chopped parsley

Wash head, remove eyes, cut into quarters, dice vegetables. Place fish, vegetables, seasoning and stock in saucepan, simmer for 40 minutes. Remove fish, and return flesh without skin and bone to saucepan. Mix flour and milk to smooth paste, add soup and boil for 10 minutes. Add parsley just before serving.

Pea Soup.

(This can be made with split peas, haricot beans, butter beans, lentils, or dried peas. If you use lentils they should be soaked overnight.)

1 gill peas
1 onion, carrot, turnip
1 potato for thickening
1 quart stock
1oz. dripping or margarine

Cut up potato, onion and carrot and small piece of turnip, as too much makes soup bitter. Melt dripping in saucepan, add peas and fry very slightly. Stir. Add vegetables ; stir. Add stock and seasoning. Bring to boil and simmer gently 2 hours. When cooked strain through wire sieve. Boil up again adding water if necessary.

Spinach Soup.

2lb. spinach
Seasoning
½ pint milk
1 tablespoon flour

Boil the spinach in very little water ; drain, saving the water in a basin. Rub the spinach through a wire sieve into the water you have saved. Season. Add the milk. Boil up again and with your flour make a smooth paste in a cup with cold water. Add some of the hot soup to this, stirring all the time so that the flour does not form lumps. Pour the cup of liquid back into the soup, stirring carefully, and bring to boil again. Add seasoning and serve very hot.

(*Continued on page* 26.)

NEW WAYS WITH FISH.

THERE are almost as many ways of cooking fish as meat. Here are a few suggestions which may help you to escape, for a change, from the monotony of unvarying fried or boiled.

1.—Polish Fish Pie.

½lb. filleted fish
1 hard-boiled egg
Pepper, salt, lemon juice
2 tablespoons thick white sauce
1 teaspoon chopped parsley
½lb. pastry

Make the pastry and roll it into a square—about 7 inches. Cut up the fish and egg, and mix with the sauce, seasoning, lemon juice and parsley. Then put this in the centre of the pastry, damp the edges and fold over in envelope shape. Decorate with strips of pastry, brush with beaten egg and bake in a hot oven for ¾ hour.

2.—Steamed Fish Cream.

½lb. uncooked fish
1oz. breadcrumbs
1 teacupful fish stock or milk
Pepper and salt
1 egg
2ozs. suet
1 teaspoon chopped parsley
½ pint parsley sauce

Remove the skin and bones from the fish, and mix with the chopped suet. Add the breadcrumbs, egg, parsley, fish stock, pepper and salt. Mix well together and put into a greased pudding basin, and steam gently for ¾ to 1 hour. When cooked, pour over the parsley sauce.

3.—Savoury Baked Plaice.

1 plaice
2 tablespoonfuls Veal Stuffing (see page 7)
Brown breadcrumbs
1 beaten egg
2 tablespoonfuls dripping
Anchovy Sauce (see page 19)

Clean and trim off the fins of the fish. Then cut a slit from head to tail on the white side down the centre bone, and partially fillet the flesh from the bone. A pocket will then be formed, and into this pocket fill in the stuffing. Pat the stuffing down neatly, sprinkle on a little flour, and coat with egg and brown bread crumbs. Bake in a baking tin in a moderate oven for about 20 minutes, basting from time to time. Serve hot with anchovy sauce poured round.

Haddock-Toad-in-the-Hole.

1 fresh haddock
Dripping
1 tablespoon flour
Seasoning
2 tablespoons water
} Batter

Make a batter of the flour, seasoning and water ; wash and dry the haddock, and cut into neat pieces. Dip the pieces in the batter and fry in enough hot fat to cover.

Fish Scallops.

¼lb. cooked white fish
½ pint thick white sauce (see page 19)
Lemon juice
½lb. mashed potatoes
Pepper and salt
Melted margarine

Butter the scallop shells and sprinkle with breadcrumbs. Put 1 tablespoonful of white sauce into each, add the flaked fish and season. Cover the fish with another tablespoonful of sauce, and sprinkle with breadcrumbs. Sprinkle lightly with melted margarine. Arrange the mashed potatoes neatly round the outside and put under grill till brown. Serve with parsley decoration.

Devilled Hake.

1lb. fresh hake
½ teaspoon made mustard
1oz. dripping
Pepper and salt
½ teaspoon lemon juice
1 tablespoon breadcrumbs
1 dessertspoon chutney

Bone the hake and cut it into neat fillets, melt the dripping and brush it over each fish. Spread a little chutney paste over each fillet, made by mixing together the chutney (finely chopped) with the mustard, pepper and lemon juice. Put the fillets on a greased baking-dish, sprinkle the crumbs over, and put some scraps of dripping on the top. Bake fillets in a hot oven for 10 minutes. Serve very hot.

Sardine Eggs.

2 hard-boiled eggs
Sardines
1oz. margarine
Pepper and salt
2 tomatoes
Lettuce

Cut the hard-boiled eggs in two very carefully, and scoop out the yolks. Mix together the yolks, margarine, tomato pulp, a little sardine oil, pepper and salt. Replace the mixture in the whites of the eggs, and serve on lettuce, or rounds of tomato on bread and butter.

MAKING THE MOST OF MEAT.

IN cooking meat, there are many methods which add to its food value, besides making it extra savoury and palatable. Here are a few such recipes:

Stuffed Breast of Mutton.

Breast of mutton
4 tablespoons breadcrumbs
1 tablespoon chopped suet
2 teaspoons chopped parsley
Beaten egg

Veal Stuffing made of:
Grated rind of half a lemon
½ teaspoon powdered herbs
Seasoning

For the stuffing the dry ingredients are mixed together, and enough beaten egg is added to bind them firmly.

Place the stuffing on the unfolded breast of mutton and then roll it up. Tie the roll securely with string and bake in a moderate oven, allowing 15 minutes to the pound and 15 minutes over.

Cornish Pasties.

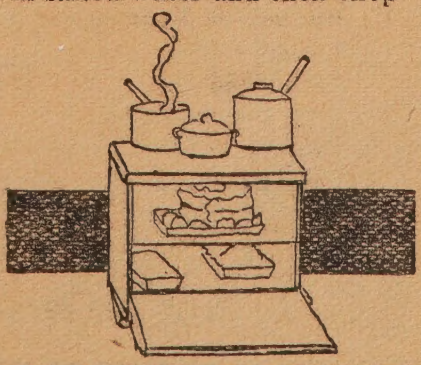
Filling:	Pastry:
½lb. beefsteak (fresh)	12ozs. flour
3 small potatoes	3ozs. lard
3 small onions	3ozs. suet
Pepper and salt	Sour milk to mix

Slice the meat and vegetables, mix together and add pepper and salt. Make the pastry in the usual way for short pastry and divide into six pieces. Roll out each piece into a round about ⅛in. thick. Place the meat and vegetables on each round. Damp round the edge of the pastry and fold in half so that the pastry covers the meat. Flute the edges, pressing them firmly together, and bake in a hot oven for 10 minutes. Reduce the heat and cook 1 hour in all.

Sheep's Head Stew.

1 cooked sheep's head
Brains from head
½ pint milk
Teacup of water
1½ozs. margarine
1½ozs. flour
1 teaspoon chopped parsley
Pepper and salt

Boil the brains for 10 minutes in salted water and then chop up. Cut the meat from the head in neat slices, and skin and cut up the tongue. Make a sauce with the margarine, flour, and liquid in the following way: Melt the margarine in a saucepan and add it to the flour. Stir well, allow the flour to cook for a few minutes, and then add the liquid gradually. Add seasoning, parsley, the prepared meat and brains, and re-heat for 10 minutes. Serve hot.



Savoury Roly-Poly.

3ozs. minced steak
1 small chopped onion
Stock or water
Pepper and salt
6ozs. flour
3ozs. suet
Water to bind

Make the suet pastry and roll into an oblong shape. Add onion, pepper and salt to the steak and moisten with water, then spread it on to the pastry, damp the pastry edges and roll up. Tie in a pudding cloth and boil for 2 hours.

Kidney Risotto.

1lb. kidney (stewing)
2 tomatoes
1 large onion
1 turnip
1 carrot
3 rashers of bacon
1 pint stock or water
Flour for thickening
1oz. pearl barley
Seasoning
Dripping
4ozs. rice

Cut up the kidney, coat with seasoned flour, and fry slightly in the dripping. Cut up the vegetables and fry them lightly also in the dripping. Then add the stock and pearl barley and simmer for 1 hour. Add seasoning and thicken with the flour. While the kidney is simmering, boil the rice and prepare the bacon. To do this, cut the rind off the bacon, divide each rasher into three and roll each piece up. Pierce a skewer through the rolls, place on a baking tin and cook in the oven. Serve the kidney in a hot dish and decorate with rice and bacon rolls.

Baked Liver.

1lb. calves' liver
1 small onion
3ozs. fat bacon
3ozs. breadcrumbs
Tomato ketchup
½ teaspoon sweet herbs
1 teaspoon chopped parsley
Salt and pepper
½ pint stock

Cut the liver into slices about ¼in. thick, place in a buttered baking-tin or fireproof dish. Make a forcemeat of the crumbs, cooked onion chopped, sweet herbs, pepper, salt, parsley and tomato ketchup. Cover each slice of liver with this, and place on the top a strip of bacon. Add ½ pint of stock or water, and cook in a moderate oven for about 1 hour.

THOSE USEFUL LEFT-OVERS.

THOSE little ends of stews and pies and vegetables; those few bits of meat that remain on the bone when the family has finished with the cold joint, are one of the greatest trials to the housewife. How can she use them up economically? How can she make them enough for the whole family? How can she be sure that they are nourishing enough to form a square meal? The recipes given below may help her to solve this problem.

Easy Gallantine.

Any left-over cold meat	Stock
Any left-over cooked vegetables	Seasoning
Leaf or powdered gelatine	Hard-boiled egg

(You will need just enough stock to cover the solids. Allow about a breakfastcupful of the mixture per person.) Cut up meat and vegetables (carrot, onion, turnip, celery, cooked rice, will do) into dice. Place in saucepan, cover with stock, add seasoning and bring to boil. Melt gelatine and stir in. Rinse pudding basin or mould with cold water, arrange slices of hard-boiled egg at bottom, pour in mixture, and leave overnight to set. Turn out and serve cold. This gallantine can also be made in cups, and turned out and served, one shape for each person.

Creamed Mutton with Rice or Macaroni.

¼lb. macaroni or rice	½lb. cold mutton
1oz. margarine	1 teaspoonful grated onion
1oz. flour	1 teacupful milk
Seasoning	Cheese

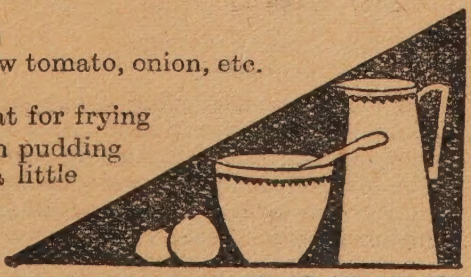
Boil macaroni. Melt margarine in saucepan and stir in flour. When quite smooth, add milk and onion gradually and simmer a few minutes. Add diced mutton to this sauce, and bring to boil so that mutton is hot. Place macaroni on flat dish and pour mutton over. Sprinkle with grated cheese.

Saturday Omelet.

(Any cooked meat, fish, or vegetables may be used in this recipe.)

Half an egg per person
Vegetables, cooked or raw tomato, onion, etc.
Cooked meat or fish
Seasoning Fat for frying

Mix meat and vegetables in pudding basin. Add seasoning and a little milk or flour to make the mixture bind. Heat fat



in frying pan. Beat egg. When fat is hot pour in meat and vegetables. Allow to fry a few minutes, and then pour half the beaten egg over and stir in. After a few minutes add the rest of the egg, but do not stir in. Baste the top with the hot fat so that the egg cooks, and serve as soon as it has become solid with an omelet-like appearance.

Stuffed Tomatoes.

(Marrow or cucumber can be stuffed just as well as tomatoes. First peel the vegetable and remove seeds ; cut up)

2 large tomatoes per person
Cooked carrot, turnip, onion, etc.
Left-over beef, mutton, bacon, ham
Little margarine

Mince the meat and vegetables. Season. Cut a small piece the size of a penny off the top of the tomatoes. Scrape out the inside pulp and mix with the mince. Fill the tomato with the mixture, piling it up a little. Put a small piece of margarine on top, and the cut-off top of the tomato on that. Place on baking tray and cook in moderate oven for about 20 minutes.

If you prefer not to mince the meat, cut it up fine and make a little white sauce. Mix this with it and put it in the tomatoes.

Ham Toast.

(Any cold meat may be mixed with the ham to make it enough.)

½–¾lb. cooked ham
1 teaspoon chopped parsley
A little milk
A little flour
½oz. margarine
4 slices toast

Mince or finely chop your ham. Put in a saucepan, add parsley, seasoning, and flour. Beat in a very little margarine. Put your saucepan on the fire and quickly stir in a little milk. The mixture should be just thick enough to remain on the toast without running. Boil it 2 or 3 minutes in the milk, and pile it on to the toast. Serve very hot.

Hungarian Jacks.

1lb. scraps of cold meat
¾lb. cooked potatoes
½oz. margarine
Seasoning
Small chopped onion
1 hard-boiled egg

Melt your margarine in saucepan. Put in the meat, finely chopped or minced ; add your chopped hard-boiled egg and chopped onion, fry for a few minutes. Rub potato through a wire sieve. Remove meat from fire and mix with potato. Rub Jacks over with egg and breadcrumbs, and fry in deep fat to a golden brown. Serve hot.

VEGETABLES IN VARIETY.

WHY not vary your vegetables? Do not always serve them boiled or baked or fried: try some of these methods of cooking them.

Parisian Potatoes.

½oz. lard — 9 or 10 medium potatoes
Seasoning — 1 large onion

Peel your potatoes and cut them in cubes. Slice your onion thinly. Melt lard in large saucepan or casserole. Put in your onion and allow to brown. Add about 1 pint of water and your potatoes and seasoning, and allow to cook until they are tender; serve very hot with the onion. The water may either be served with the potato, as it is well seasoned, or drained off if preferred.

Ragout of Potatoes.

8–10 potatoes — 1 tablespoonful flour
½oz. lard — Seasoning

Peel your potatoes and cut each into three. Melt lard in saucepan or casserole. When very hot add flour and allow to brown. Add 1 pint of water, seasoning and potatoes. Allow to cook about 1 hour, when potatoes should be tender, and the water and flour and fat have formed a thick sauce over them. Stir occasionally.

Fried Cauliflower.

1 large cauliflower — Vinegar
Little flour

Boil your cauliflower until it is about three-parts cooked, that is, till slightly crisp. Remove, drain and separate into its natural divisions. Sprinkle with vinegar and coat with flour. Fry in deep hot fat until of a golden colour; drain and serve very hot.

French Carrots.

12 carrots — 2 onions
½oz. margarine — Little flour

Boil your carrots till tender. Then put a saucepan or casserole on and melt the margarine. Add the sliced onions and allow to brown. Add the carrots, cut them up, and sprinkle with flour. When the flour has slightly browned add ½ pint water and seasoning. Allow to cook about 20 minutes and serve very hot.

Fried Macedoine of Vegetables.

½lb. cooked cabbage
2 or 3 cooked carrots, turnips, onions, etc.
½lb. cooked potato

Chop the cabbage and mash the potato. Chop the other vegetables and mix all together, adding seasoning and a little milk, until they bind. Fry in deep, hot fat, turning them over as far as possible without breaking, so that both sides are brown. Or put into a piedish with a few bits of margarine on top of the vegetables, and bake. Serve very hot.

Creamed Cabbage.

Boil your cabbage according to the ordinary method. Make some white sauce. Drain your cabbage carefully. Chop and press out all water. Mix in a little margarine. Place in a vegetable dish, and pour over it your white sauce.

Purée of Haricot Beans.

½lb. haricot beans
Little margarine
Seasoning
Teaspoonful chopped parsley

Boil the haricot beans till tender. Strain and rub through sieve. Stir in seasoning and parsley. Melt a little margarine in saucepan and put in the haricot beans, stirring them over fire for a minute. Remove and serve very hot.

Compote of Beetroot and Turnip.

4 turnips
1 large beetroot
Lemon juice
Flour
Little milk
Seasoning

Peel and cut up the turnips and beetroot. Boil turnips in water till tender, strain, and add beetroot, seasoning, and a teaspoonful of lemon juice. Make breakfastcupful white sauce. Stir beetroot and turnip into it, and bring to boil. Serve hot.

Stewed Lettuce.

4 small lettuces
Seasoning
Little gravy browning
¼ pint stock
Little flour
Little milk

Boil your lettuces till tender (about 20 minutes) having first removed outer leaves and hard stalk. Bring milk and stock to boiling-point. Make some thickening and stir in, so that the mixture is of the ordinary consistency of white sauce. Add a very little gravy browning to make it a richer colour. Place your lettuces in vegetable dish, being careful not to break them in removing them from saucepan, pour sauce over them and serve immediately.

SAVOURIES FOR SUPPER.

It is often difficult to think of an appetising supper dish: especially of the meatless (or nearly meatless) variety. Try some of the following attractive little savouries.

Savoury Oatmeal.

4ozs. medium oatmeal
½lb. onions
1oz. margarine
2ozs. breadcrumbs
1 teaspoonful powdered sage
Seasoning

Boil onions ¼ hour, then chop. Save onion water, slightly toast the oatmeal under your grill. Mix all ingredients and add about ¼ pint of the onion water. Place in a greased piedish. Sprinkle with breadcrumbs. Bake in moderate oven 1 hour.

Lentil Rissoles.

4ozs. lentils
¼ teaspoon powdered herbs
1 teaspoon chopped parsley
½oz. grated cheese
½oz. margarine
1oz. breadcrumbs
Seasoning
1 egg yolk

Soak lentils overnight. Cook in water till tender, then beat to smooth and dry paste. Add all other ingredients and mix with egg yolk to bind. Form into balls, coat with egg and crumbs, and fry to crisp golden brown.

Sheep's Brain Rissoles.

Sheep brains
Seasoning
2 tablespoons breadcrumbs
1 teaspoon chopped parsley

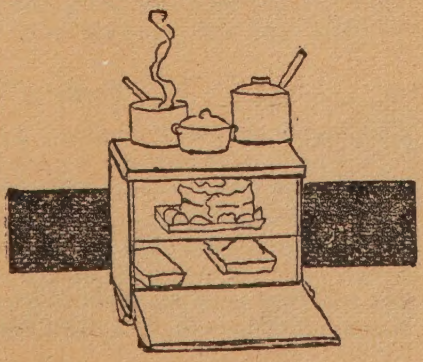
Mix breadcrumbs, brains, and seasoning. Make into small flat rissoles, coating with flour. Fry in hot fat, and serve garnished with the chopped parsley.

Rice Cutlets with Meat.

4ozs. cold meat
2ozs. rice
Seasoning
1oz. butter
1oz. breadcrumbs
Cayenne pepper if liked

Boil rice and strain.

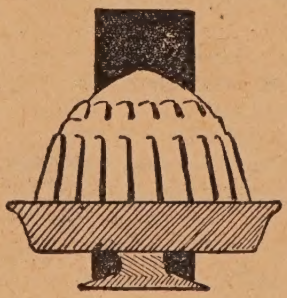
Mince or finely chop meat, and add to rice. Add seasoning, butter and crumbs. Mix to a paste, adding a little milk if necessary. Divide into equal pieces and form into the shape of cutlets. Coat with egg and crumbs. Fry in deep fat. Stick an inch long piece of dry macaroni into the end of each.



Hot Meat Gallantine.

½lb. cooked meat
2ozs. breadcrumbs
Half a small onion
1 gill stock or water
1 teaspoon chopped parsley
2 eggs
Seasoning

Grease a round cake tin and coat with browned crumbs. Mince or finely chop meat; chop onion and parsley. Put all ingredients into bowl and mix well. Turn into prepared tin. Cover with greaseproof paper. Put an old saucer on top, and stand a weight or a flat-iron on it. Bake in moderate oven ¾ hour. Carefully turn out on to hot dish and serve hot with tomato sauce.



Kedgeree.

½lb. cooked dried haddock
4ozs. rice
2ozs. butter
1 teaspoon chopped parsley
1 hard-boiled egg
Seasoning

Cook the rice. Melt the butter in a thick saucepan. Remove skin and bone from fish and divide in flakes. Chop the hard-boiled egg. Add all the ingredients to the melted butter and mix. Heat well in saucepan, stirring to prevent rice catching. Serve very hot.

Dutch Savoury.

Slices of bread
Milk
1 egg
Anchovy or bloater paste
Pepper and salt
Chopped parsley

Beat the egg in the milk and add seasoning. Soak the bread in the liquid and fry till golden brown in hot fat. Then spread thickly with anchovy or bloater paste, sprinkle over the chopped parsley, and serve piping hot.

Indian Potatoes.

4 cold potatoes
2 rashers of bacon
1 teaspoon curry powder
2 tablepoonfuls of breadcrumbs
1 dessertspoon chopped parsley
Salt, milk

Cut up the potatoes into fairly thick slices. Mix together the breadcrumbs, parsley, curry powder and salt. Lightly brush over the slices of potato with the milk and dip them into the mixture of crumbs, etc. Fry carefully in hot fat, and serve surrounded by crisply-fried bacon.

PUDDINGS AND PIES.

"WHAT shall we have for pudding to-day?" How often these words are said, and how difficult it seems to answer the question. Perhaps the suggestions below may help you in your daily task.

Steamed Apricot Pudding.

This is a foundation pudding, and other kinds of fruit, such as raisins, dates and figs, can be used instead of the apricots. You will require:

4ozs. flour	4ozs. fruit
2ozs. breadcrumbs	1 dessertspoon treacle
2ozs. suet	1 teaspoon baking powder
½oz. brown sugar	Pinch salt
Little milk or water	

Soak the bread in the milk and beat smooth. Cut up the fruit (dried fruits should be soaked overnight) and mix together the flour, baking powder and salt. Add the suet, fruit and sugar and mix well. Then add the treacle and milk, and steam in a greased basin for 1½–2 hours.

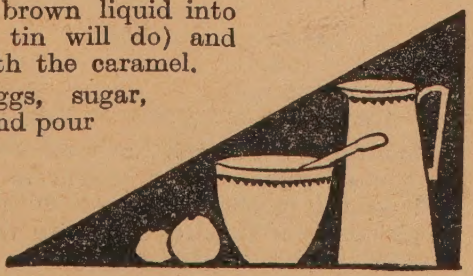
Caramel Custard.

½ pint milk	3ozs. loaf sugar	Caramel
1oz. castor sugar	½ breakfastcupful water	
½ teaspoon vanilla essence	1 tablespoonful syrup or treacle	

For the caramel: dissolve the loaf sugar in the water very slowly, and allow to boil till golden brown in colour. Be careful not to let the mixture boil before dissolving the sugar, and do *not* stir or shake it about.

Then pour the golden brown liquid into a dry tin (a small cake tin will do) and coat the sides all over with the caramel.

Beat together the eggs, sugar, vanilla and heated milk, and pour into the caramel-lined tin. Cover with greased paper and allow to steam for 1½–2 hours. Serve hot or cold.



Date Cream.

4ozs. dates
1 pint vanilla blancmange
½ teacupful melted apple jelly

Cut the dates lengthways in two and arrange in top of buttered mould. Pour in the melted jelly carefully so as to keep the dates in a pretty pattern, and allow to set. Make the blancmange and cool for 10 minutes. Then fold in the rest of the dates and pour the mixture into the mould carefully. Turn out when set.

Winter Tart.

Short or flaky pastry
2 medium-sized cooking apples
2ozs. raisins
1oz. sultanas
2 tablespoonfuls treacle
1oz. currants
½oz. candied peel
1oz. glace cherries
½oz. grated suet
Lemon juice

Line an enamel plate with pastry. Mix together the chopped apple and rest of fruit, and the suet. Place on the pastry and pour over the melted syrup and lemon juice. Cover with pastry and bake in a moderate oven for about ½ hour.

Children's Joy.

1 teacupful breadcrumbs
½ pint milk
1oz. sugar
1oz. butter
Grated rind of 1 lemon
1oz. sultanas
Lemon curd
2 yolks
Meringue, consisting of 2 whites of eggs and 2ozs. castor sugar

Heat the milk and pour it on to the crumbs, 1oz. sugar, butter, sultanas and lemon rind. Leave to stand for 20 minutes, then beat in the egg yolks and pour the whole into a buttered piedish and bake in a moderate oven till set—about 1 hour. Spread the top with the lemon curd. Then beat together the whites of 2 eggs and 2ozs. castor sugar till stiff. Spread this over the top of the pudding and bake in a cool oven to brown.

Cake Pudding.

3ozs. stale cake crumbs
¾oz. flour
1oz. sultanas
1oz. suet
1oz. sugar
¼ teaspoon baking powder
Milk if necessary
Little dripping

Soak the crumbs in the milk till soft. Press out the milk, and add the suet, flour, sugar, baking powder and fruit. Mix well and if necessary add milk or water to bind. Put into a greased piedish, cover with scraps of good dripping or margarine, and bake in a moderate oven for ¾ hour.

CAKES AND SCONES.

HOME-MADE cake ! There is a smile on every face. And it is so easy and inexpensive, and wholesome as well. Even if you have never made cakes before you will find the following recipes simple, and if you are an old hand at the game you may find something new that will make a change.

Raspberry Buns.

½lb. flour
1½ozs. castor sugar
½ gill milk
1oz. margarine and lard
Pinch of salt
1 small egg
1 teaspoon baking powder
Raspberry jam

Put flour and salt in basin. Rub in fat. Add sugar and baking powder. Beat egg and add milk, and mix into flour to form stiff paste. Cut into even-sized pieces. Form each into a ball. Make a hole in centre and in this put a teaspoonful of raspberry jam. Close opening. Place them on greased baking tin. Bake in a fast oven about 20 minutes.

When cooked turn out on greaseproof paper sprinkled with castor sugar.

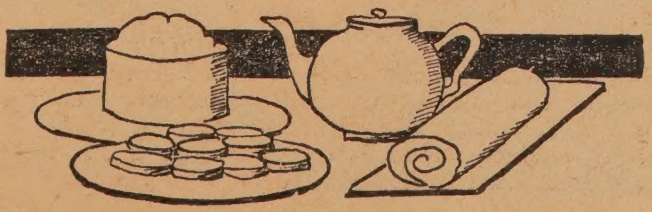
Week End Cake.

6ozs. flour
4ozs. sugar
3ozs. margarine and lard
2ozs. currants
¼ pint milk
Pinch salt
2ozs. sultanas
Tablespoon treacle
1 teaspoonful ginger
1½ teaspoons baking powder
1 egg

Sieve flour, salt and ginger. Rub in fat. Add baking powder. Add fruit, sugar and treacle and mix well. Beat egg, add the milk, and mix with other ingredients. Put into greased cake-tin and bake in moderate oven 1½ to 2 hours, till well-browned and firm.

Jumbles.

2ozs. margarine and lard
2ozs. castor sugar
1 teaspoon ginger
2ozs. treacle
2ozs. flour
1 teaspoon lemon juice



Melt fat in thick saucepan. When melted, add to it all the other ingredients and mix well. Grease two baking trays and drop small spoonfuls of the mixture on to them. Bake in a fairly fast oven for from 15 to 20 minutes till golden brown in colour. Slip knife under the jumbles. If they have run together cut them apart. Then roll the separate pieces over the knife. Put carefully on a dish and in a few minutes they will be crisp.

Soda Loaf.

(This makes a change from scones, and is an excellent substitute if you should ever run out of bread):

8ozs. flour — Pinch of salt — ½oz. lard
1½ teaspoons baking powder — Teaspoon castor sugar

Sieve flour, salt and baking powder, and rub in lard. Add sugar. Mix to a stiff dough with milk, milk and water, or plain water, as preferred. Slightly knead and press into greased cake-tin. Bake in moderate oven until light brown crust is formed on top, generally about 1 hour.

Irish Scones.

2 good-sized boiled potatoes — 3ozs. flour
2ozs. margarine and lard — Teaspoon salt
Tablespoon oatmeal — ½ teaspoon baking powder

Mash the potatoes. Mix with flour, salt and baking powder. Rub in fat. Mix to stiff dough with milk and water. Roll out to about ¼in. thickness. Cut into rounds. Damp each round with water, and sprinkle with oatmeal, gently pressing it on with the fingers. Bake in moderate oven 10–20 minutes. Serve hot with butter.

Spotted Angels.

8ozs. flour — 4ozs. castor sugar
4ozs. lard and margarine — 1 egg
½ teaspoonful lemon juice — 1 tablespoonful currants

Cream butter and sugar and add lemon. Beat the egg and add. Stir flour and currants Roll out thinly. Cut in rounds and prick with fork Place on a greased tin. Bake in moderate oven for about 10 minutes, till pale brown in colour.

A Cake Without Eggs.

1lb. flour — 2ozs peel
½lb. brown sugar — 1 teaspoon baking powder
1 teaspoon spice or cinnamon — 1 tablespoon vinegar
½lb. dripping — Little milk
½lb. currants and sultanas

Mix flour, sugar and spice Rub in the dripping, put in the fruit, mix baking powder with milk, and pour into mixture, add vinegar and stir in very quickly. Bake in a tin lined with greased paper.

SAUCES.

ACCORDING to a certain French chef of my acquaintance, the only sauce which the English really know how to make well is Bread Sauce—" a food fit only for puppies " ! Here are several other appetising sauces, which may help you to prove the fallacy of his opinion.

White Sauce.

1oz. flour
½ pint milk and water
1oz. margarine
Pepper and salt

Melt the margarine, add the flour, and heat till all the margarine is dissolved. Add the milk in thirds, and stir briskly till boiling. Continue to cook for 5 minutes. Add seasoning.

This is a foundation sauce, and caper, parsley, onion and egg sauce are all made in this way, with the addition of each flavouring.

Proportions of flavourings to the above quantity of sauce.

1 dessertspoon chopped capers
2 teaspoons chopped parsley
2 chopped cooked onions
1 hard-boiled egg

Anchovy Sauce.

½ pint white sauce, made with fish-stock or water
1 teaspoon anchovy essence
2 or 3 drops lemon juice

Make in the same way as white sauce, and add flavouring of anchovy and lemon juice.

Mint Sauce.

1 gill vinegar
3 tablespoons chopped mint
1 dessertspoon castor sugar
2 tablespoons boiling water

Chop up the mint, add the sugar, and pour on the boiling water. Allow to stand till cool and then add the vinegar.

Horse-radish Sauce.

1½ozs. grated horse-radish
1 tablespoon white vinegar
½oz. margarine
1 teacup milk
1 teaspoon castor sugar
Seasoning

Mix all the ingredients together except the milk. Melt the margarine in the milk. When cool add to the horse-radish, etc.

Mustard Sauce.

1½ozs. flour
2ozs. butter
1 pint beef liquor or water
1 tablespoon mustard
1 teaspoonful vinegar
1 teaspoonful sugar

Melt 1½ozs. of the butter, add the flour, and cook. Then add the liquor in thirds and bring to the boil, stirring carefully. Blend the mustard with a little water and add it, and the vinegar and sugar to the pan. Then add the extra ½oz. butter in small pats, whisking well. Do not allow the sauce to boil after adding the butter, but keep at an even temperature all the time.

Chocolate Sauce.

2ozs. chocolate (plain)
½ pint water
½oz. cornflour
1 teaspoon vanilla essence
1oz. sugar

Blend the cornflour and dissolve the chocolate with a little of the water and put the remainder on the boil. Then add the dissolved chocolate and pour over the blended cornflour. Mix well, and return all to the pan, add the sugar, and cook thoroughly.

Béchamel Sauce.

½ pint milk
1 shallot or small onion
Small piece carrot
Small piece celery
1 bay leaf
5 peppercorns
1oz. flour
1oz. margarine
2 tablespoons of cream
Salt

Allow the milk, vegetables, bay leaf and peppercorns to come to the boil. Then cover the pan and allow to stand in a warm place for 5 minutes. Strain off the milk and with it make a white sauce, using the flour and margarine. Boil for 10 minutes and add the cream last of all.

Jam Sauce.

1 teacupful of water
4 lumps of loaf sugar
2 tablespoons jam
1 teaspoonful of arrowroot, blended with a little water
Rind and juice of half a lemon

Boil the water, sugar, jam and lemon juice for about 10 minutes. Add the blended arrowroot and serve.

Sweet Lemon Sauce.

1 dessertspoonful flour
1 teaspoonful sugar
Teacupful milk and water
Rind and juice of half a lemon

Blend the flour with a little cold water and add to it the boiling milk. Boil again for about 5 minutes and add the sugar, grated rind of lemon and lemon juice.

SWEETS FOR SATURDAY AND SUNDAY.

Vinegar Toffee.

½ teacupful vinegar ½ cup of margarine
1½lbs. brown sugar

Melt margarine in saucepan. Add sugar and vinegar and boil very slowly, stirring all the time, until the mixture makes a soft ball when some of it is dropped into a cup of cold water. Grease an enamel or tin plate, pour toffee on to it, and when it is beginning to set cut into sections.

Lemon Drops.

¾lb. sugar ½ pint water
½ teaspoonful cream of tartar Juice of 1 lemon

Boil sugar, water, and cream of tartar until the mixture becomes a pale yellow colour. Add the lemon and turn the mixture on to a greased tin. When cool enough cut into small squares. Roll into balls, and coat with castor sugar. Allow to become cold and dry, and then store in an airtight tin.

Peppermint Creams.

½lb. icing sugar Water
Few drops of essence of peppermint

Mix the icing sugar with water until it forms a *very* stiff paste. Add peppermint essence to taste. Beat well. Sprinkle a pastry-board with castor sugar, turn mixture on to it. Sprinkle with more sugar, and roll out to about ¼in. thickness. Cut into circles about an inch in diameter or squares if preferred. Place in a plate to set, when the outsides should be crisp.

Stuffed Dates and Prunes.

½lb. dates and prunes ½lb. icing sugar
Juice of a Lemon

Mix the icing sugar with the lemon juice, so that it forms a stiff paste. Add a little water if necessary. Colour with cochineal, etc., if liked. Remove the stones from dates and prunes. Fill the openings with the prepared mixture, and sprinkle with castor sugar. Leave ½ hour to set.

Peppermint Lozenges.

1lb. sugar 1 teaspoon pepper-
¼ pint milk mint essence

Boil sugar and milk together for 10 minutes, stirring constantly. Take the saucepan off and stir in the peppermint. Beat the mixture until it is cool enough to drop a teaspoonful at a time on to greaseproof paper, which you have previously greased with lard, without letting it run. Leave ½ hour to set.

(*Continued on page* 26.)

FOODS FOR HEALTH AND BEAUTY.

IT is a recognised fact that no one can be beautiful without a beautiful skin, and it is equally true that no one who has a beautiful skin can be really ugly. And beauty of skin depends on health and therefore on diet. Over-stoutness or over-thinness also, can be remedied by diet and diet alone.

We all know, nowadays, the important part played by vitamins in the human diet, and that they are contained to a certain extent in most foodstuffs ; but it is necessary to realise also, that they must be varied and balanced so that your daily food contains some of each of them. The following table will show you in which foods they are contained, and you should try as far as possible to include at least one of each of them in your daily menu. A great deal of one vitamin and none of the others is worse than useless :

Vitamins A. & D.	Vitamin B.	Vitamin C.
Milk	Dried Peas	Oranges
Cheese	Dried beans	Lemons
Egg yolk	Lentils	Grapefruit
Fish roe	Nuts	Tomatoes
Fat of meat	Oatmeal	Raw green vegs.
Vitamins A. & D.	**Vitamin B.**	**Vitamin C.**
Cod liver oil	Potato	Cooked green vegs.
	Yeast	Apples
	Root vegetables	Bananas
	Pearl barley	Turnips
	Wholemeal flour	Carrots
	Lean meat	Liver

The commonest mistakes in diet are :

Too much starch (bread, potatoes, suet, etc.)
Too much sugar.
Too little raw fruit.
Too little green vegetables.
Too little meat.

Starch and sugar are both fattening, and should be counteracted by plenty of fruit, vegetables, and meat. A slimming diet should consist almost entirely of meat and green vegetables and fresh fruit, particularly lemon and grapefruit.

Plenty of lettuce and watercress prevents spots, as it helps to purify the blood. If you are not inclined to be fat, potato gives heat and energy when you are working hard in cold weather.

TEN-MINUTE RECIPES.

THE following are emergency recipes, each of which can be prepared in about 10 minutes, from ingredients which are usually to be found in the larder.

Hot Cheese Relish.

4 slices bread and butter
Little made mustard
Grated cheese
1 egg
3 tablespoonfuls milk
Salt and pepper

Spread the bread with the butter, having mixed a little made mustard with the latter before using it. Trim the crusts off the bread, then sprinkle the slices with as much grated cheese as the butter will take up. Press the cheese well on to the butter, place two slices together, and then cut into convenient sized pieces. Beat up the egg and add to it the milk and seasoning. Dip the sandwiches into this and allow to soak for at least 2 minutes. Then fry in hot brown fat, browning both sides. Sprinkle a little cheese over the top, and serve piping hot.

Devilled Sardines with Cheese.

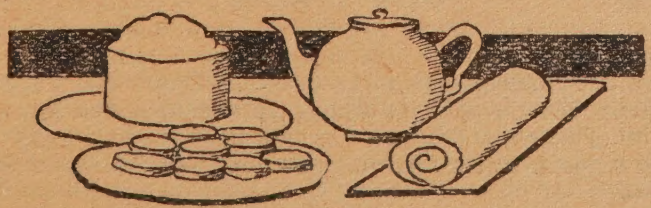
Sardines
Grated cheese
Fried bread
Made mustard

Wipe away the oil from as many sardines as are required and sprinkle them with a little made mustard, pepper and salt. Then roll them in grated cheese, and fry in oil remaining from tin, or margarine. Serve as hot as possible on fried bread or buttered toast.

American Eggs with Potatoes.

1 large potato
2 tablespoonfuls milk
Seasoning
2 rashers of bacon
1 egg

Cut the potatoes up into neat cubes. Beat up the egg, milk and seasoning. Fry the potatoes till golden brown and then pour in the egg mixture and stir just as for scrambled eggs. Fry the bacon and place it on the top of the egg mixture. Serve piping hot.



American Fried Sandwiches.

8 slices bread 2 eggs Little grated cheese
4 rashers bacon Seasoning

Scramble the eggs. Fry the bread so that it is crisp and golden brown in colour. Fry the bacon. Lay four of the fried slices of bread out on a dish. Place half a rasher of bacon on each. On this put a spoonful of scrambled egg. Then put on other half rasher. Then another slice of bread. Sprinkle each sandwich with grated cheese.

Rainbow Oranges.

2 oranges Small tin fruit salad Little sugar

Cut the oranges in half. Scoop out as much of the pulp as possible. Mix this with a little sugar and about a quarter fill each half orange with it. On top of this put some of the fruit from the fruit salad tin. Cut up rather small, and fill up with juice. Save out 2 cherries, and put half a cherry on each half orange. Serve in grapefruit glasses or on separate plates.

Apricot Sponge Cakes.

4 sponge cakes Lemon juice
Small tin apricots Little cornflour

Place the sponge cakes on a baking tin and put them in the oven till they are heated through. Open the tin of apricots. Save four whole ones and cut up the rest finely. Place the chopped apricots with their juice in a saucepan. Add a little lemon juice and bring to boil. Make some thickening with the cornflour and stir this in. Pour mixture over the sponge cakes, allowing it to soak in. Place a whole apricot on top of each and serve hot.

Poor Knight's Pudding.

2 thick slices bread 1 teacup milk Jam
1 egg Dripping for frying
1 teaspoonful sugar Pinch cinnamon

Beat together the egg and milk. Add the sugar and cinnamon. Cut the bread into neat fingers and soak in the egg and milk, etc. Make the dripping smoking hot in the pan and fry the bread on both sides till golden brown. Serve on hot dish and sprinkle with sugar or spread with jam.

Sweet Omelet.

2 eggs 1 dessertspoonful castor sugar
Vanilla essence 1 tablespoonful hot jam

Cream the yolks of eggs and sugar till thick. Add a few drops of vanilla essence and the whipped-up whites of the eggs. Pour into a hot pan and shake over gentle heat till beginning to set. Bake in a moderate oven for a few minutes till well risen and light brown in colour. Turn on to sugared paper. Place heated jam in centre—fold in, serve hot.

HINTS FOR THE HOUSEWIFE.

1.—Do not beat an egg separately that is going to be added to a mixture that has to be beaten. Beat both the egg and mixture together and so save a few valuable minutes.

2.—All green vegetables should be boiled in plenty of water, with the lid of the saucepan off. Only a small pinch of bicarbonate of soda should be added as too much destroys the precious vitamin.

3.—Use arrowroot when thickening a sauce or syrup that should look transparent and clear. Flour or cornflour gives a cloudy appearance.

4.—When baking cakes remember to

(i) Prepare everything beforehand before actually mixing the cake.
(ii) Cook small quantities in a hot quick oven, and larger quantities in a moderate oven.
(iii) When baking never open the oven door in a draught or shut the over door with a bang.
(iv) Put the cakes on a rack when cooked, to allow the air to circulate under them.
(v) Big cakes should be left in the tin for a minute or two, after they are taken out of the oven, to cool slightly before being turned out on the rack.
(vi) Cakes are best kept in tins. Little cakes should not be made too long before they are required. Big cakes can be kept for a longer time.

5.—When baking bread, remember that bad kneading and overproving make the loaf full of holes, and that stale yeast and overcooking spoil the flavour.

6.—When coarse kitchen and oven cloths get exceptionally dirty and greasy it is a good plan to give them a paraffin wash. This washes and cleans the cloths very satisfactorily and is quite easy to carry out. All you have to do is to boil the cloths in a bucket, and add to the water some shredded soap, soda and paraffin. For six gallons of water the proportions are as follows: ¼lb. soap, ½ tablespoon soda, 2 tablespoons paraffin. Boil the cloths for ½ to 1 hour. Change the boiling water if necessary and rinse well.

7.—Soda should not be used to clean enamel-lined saucepans as the soda wears the gloss off the enamel, and the pan is then likely to burn. It should never be used in aluminium saucepans, as it turns them black.

Cake-tins and omelet pans should be washed as seldom as possible. After use they should be wiped round with paper while they are still hot.

8.—When pouring any hot liquid into a tumbler it is safer to put a spoon in the glass before pouring the liquid in. The glass is not so likely to crack.

9.—Should your sink become very greasy and dirty it can be made to look clean and shining if cleaned with paraffin and brickdust. The tiles should be cleaned with paraffin, and occasionally rubbed with linseed-oil.

10.—If you have a family that will not eat fat, save the scraps and melt them down thus :

When you are using the oven, collect all the scraps, put them in a tin in which there is just a little dripping, and leave till the fat is all melted. Then strain and allow to set. This is excellent for cooking.

SOUPS—(*Continued from page* 4.)

Carrot Soup.

2lb. carrots
1 pint stock
Little milk and flour
1 teaspoon sugar
Seasoning
Small onion
Teaspoonful chopped parsley

Boil the carrots till they are tender, then drain, saving about a pint of the water. Rub the carrots through a sieve and add them to the carrot water you have saved. Add the stock and the onion finely chopped. Boil up again and add seasoning and parsley. Add milk and thicken with flour and water if liked, otherwise serve plain and very hot. One teaspoonful sugar should be stirred in just before serving.

SWEETS—(*Continued from page* 21.)

Coconut Ice.

½lb. icing sugar
¼lb. desiccated coconut
Colouring
Juice of a lemon
Little water

Mix the icing sugar and coconut. Add the lemon juice and stir well. If more moistening is required add a little water. Divide into two parts, and colour one with cochineal. Roll out separately and put one part on top of the other, and cut into strips. Leave ½ hour to set.

THE CARE OF THE COOKER.

THE gas cooker is perhaps the most important thing in the kitchen, and it is well worth while to see that it is carefully looked after and cleaned.

A clean cooker will always do justice to the cook, whereas, a dirty, greasy cooker will not give the correct amount of heat and may also give off nasty smelling fumes, and so spoil an otherwise successful dish.

The hints below are very simple to carry out, and make all the difference to the appearance and efficiency of the stove.

1.—Keep the cooker free from grease. Immediately remove, with newspaper, any that is spilt or has boiled over.

2.—Wipe out the oven after use while it is still warm. This prevents spilt foods from forming a hard crust on the inside of the oven.

3.—Rub up the bright parts frequently. When you think the stove isn't looking very spick and span in spite of its daily clean, it probably requires a special clean. For the special cleaning of the stove a little more elbow grease is required.

All parts of the stove should be cleaned, and can quite easily be done in the following way :

1.—Remove all loose parts, such as burners and oven shelves, and scour with hot soda water. Great care should be taken to prevent the water from getting into holes in the burners. Dry each part thoroughly.

2.—Wash the interior of the oven and scour if necessary. Return the oven shelves and light the gas for a few minutes to finish off drying.

3.—Clean the black parts. You will find that if the black parts of the stove are polished with furniture polish (not cream) the result is excellent, and it is a very clean method. Blacklead can be used, but it is liable to come off on to your hands and oven cloths. Paraffin should *never* be used, as it is very inflammable.

To get the utmost use out of your cooker you must remember :

1.—To use a burner, the size of which is suited to the pan, that is, do not allow the flame to lap outside the pan.

2.—Use one ring for several pans after they have all reached boiling point. The flame of the burner can be spread by a sheet of tin or an asbestos mat.

3.—Do not light your oven too soon before use. Ten minutes should be quite sufficient with the gas turned full on.

4.—Arrange your day's cooking to utilise the whole oven at once.

5.—Turn your oven out in good time. Remember that food can be cooked slowly for about 15 minutes after the light is out.

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